



Brings  
you...



Challenge!

## What is The Biggest Loser Challenge?

USU Dining Services is sponsoring a three-month weight-loss challenge to USU Dining Services employees. The Challenge begins May 18 and ends August 21. Winners will be based on percent of weight loss, based on starting weight. **The fee is \$5 to participate.** This will go completely towards the end prizes for the winners. We will have 3 competitions throughout the challenge. Great prizes will be awarded (i.e. Sports Academy membership, stay at Anniversary Inn, gift certificates, etc). Additional prize drawings will be given for those meeting their health goals (decreased body fat, drinking 6-8 cups of water, exercising 30 minutes daily, eating 5-9 servings of fruits & veggies, getting 7-8 hours of sleep nightly). Email reminders will be sent out weekly.

## What can I win?

All participants are eligible to win prizes in drawings (water bottles, pedometers, shirts, caps, gift certificates, etc). Those who complete the challenge and lose at least 5 pounds get a *Be Well* T-shirt and *Be Well* Challenge Pin. Overall we will have a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place winner. Each will receive a great prize (it'll definitely make all your hard work worth it), but we're still figuring out all the specifics of those prizes. But we promise they'll be great!

## How do I enter the challenge?

Fill out a registration form available from Jan Shaw. *Participants **must** weigh in weekly on the scale in the Wellness Center (HPER 109) to qualify. Initial, weekly, and ending weights must be confirmed by a member of the wellness staff.* The Wellness Center is open 6:30 am – 7:00 pm, M-F. Have fun and *Be Well*.

## Competition Dates

Saturday, June 20<sup>th</sup>

Saturday, July 18<sup>th</sup>

Saturday, August 15<sup>th</sup>

Details on the competitions will come soon!